

Stepping Out



SERVING SIZE/GRADE GROUP

Objective: To understand the importance of adjusting and recording portion size for various grade groups.

1. Review the menu on November 6, 1996 planned for all students in Steps County. (11-6-96-MENU h)

COUNTY MENU

SERVING SIZE

Taco Pie	7 1/4 Ounces
Spanish Rice	1/2 Cup
Corn on the Cob	1 Each
Broccoli Salad	1/2 Cup
Milk	Half Pint
Whole Wheat Sugar Cookies	2 Cookies

2. Record nutrient data for the above county planned menu in the chart below.

	County Menu Nutrients	K-6 Target	7-12 Targets	K-3 (Optional)
Calories		664.400	825.00	633.50
Cholesterol (mg)		0.000	0.00	0.00
Sodium (mg)		1100.000	1100.00	1100.00
Protein (g)		9.770	16.20	8.65
Fiber (g)		6.000	6.00	6.00
Iron (mg)		3.470	4.50	3.30
Calcium (mg)		286.000	400.00	267.00
Vitamin A (RE)		223.710	300.00	200.00
Vitamin C (mg)		15.240	18.35	15.00

3. Compare the nutrient data for the county planned menu to targets for various grade groups.

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1. Why is varying serving sizes important?

2. Who determines the serving sizes in your school kitchen?

3. What are you doing in your kitchen to be sure that students are receiving appropriate serving sizes?

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